EASTERN HOWARD SCHOOL CORPORATION GUIDELINES FOR USE OF FITNESS CENTER

Rules and Regulations

Students

- The weight room will be open to students from 3:15 to 6:00 p.m.
 Monday through Thursday; Friday, 3:15 6:00 p.m.; and Saturday, 9:00 a.m. 12:00 p.m.
- Students in the weight room must be supervised by their respective coaches, or weight room coordinator.
- This is a work area! Abuse of equipment could result in injury. Students causing a disturbance will be asked to leave.
- Students are not to lift alone. When using free weights you must have a spotter.
- Students are to be dressed in proper attire (shorts, T-shirts, tennis shoes).
- Students will not abuse equipment in any way. Infractions will result in suspended use of the facility for a time to be determined by the coordinator.
- The treadmill and climbers are not to be used by students until they have received proper instruction and are under the supervision of the weight room coordinator or supervisor.
- Students are not to bring students from other schools or other guests to use the facility.
- The pool or the gyms are not open for student use except for interscholastic team practice and contests.
- There is no charge for Eastern Howard School Corporation Jr./Sr. High students.

Community

- The weight room will be available for public use Monday through Thursday 5:00 p.m. to 7:00 p.m.; Saturday 9:00 a.m. – 12:00 p.m. during the school year and closed on Friday.
- Summer weight room hours will be Monday through Thursday 5:00 p.m. to 8:00 p.m.; Saturday 9:00 a.m. 12:00 p.m., and closed on Friday.
- All residents of the Eastern School district are eligible to use the fitness center facilities
- The cost for use of the facility is \$45.00 per person for 6 months (July 1 December 31; January 1 June 30) or \$80.00 per year; (July 1 June 30).
- School employees will be assessed a charge of \$45 per year or \$22.50 per 6 months.
- A senior citizen discount of 10% will be given to those individuals who are 60 years or older.
- Only checks will be accepted for payment and should be made out to

- **Eastern Howard School Corporation.**
- An I.D. or membership card is required to be admitted to the fitness center.
- Members are not to bring guests in on their membership. Individuals from outside the Eastern School district will not be allowed to use the facilities.
- Dressing room and shower facilities will not be provided.
- There are to be no children under junior high age in the weight room at any time.
- Junior high students should not be in the weight room after 5:30 p.m. unless supervised by their coach.
- No pop or food is allowed in the weight room (water bottles only).
- Proper dress for the weight room is sweat shorts, T-shirts, tennis shoes and work-out attire.
- Replace free weights on the racks. Please do not leave free weights on the bars.
- When the treadmills are busy, please do not use the treadmill more than 30 minutes per person.